

# News Release



**For Immediate Release**

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**Get Out There and Get Moving...But be Safe!!**

## High Water Brings Great Recreation

### **Central Valley Water Brings Maxed-out Central Valley Fun**

SACRAMENTO -- Vacation and recreation conditions in California State Parks throughout the Great Central Valley of California, along reservoirs, rivers and streams, could not be much better than they are this year for the upcoming July 4<sup>th</sup> weekend. Reservoirs throughout the Great Central Valley are bumping-up to the full mark, while rivers are running significantly higher and faster than last year.

That means it is time to think fun and head out to where the scenery is spectacular, the water levels are high and the recreational opportunities have been turned up to maximum levels for summertime fun. Put another way, if it is exercise you need to get rid of those wintertime pounds, now is the time to turn that exercise into fun in a variety of State Parks with rivers, reservoirs and streams.

As announced by the Federal Bureau of Reclamation, Folsom Lake is nearly brim full and will stay very close to that level for several more weeks. That means there's nearly a million acre feet of water out there with nary a sign of that low water bathtub ring we have seen in past years. It also means the water line is high enough to be very close to the 160 miles of multi-use trails that run all around the lake, making the hiking and biking around the lake more scenic and enjoyable.

But the spectacular season does not stop with Folsom. Water levels at other reservoirs in California are at near maximum levels and that means the recreational opportunities at places like Lake Oroville State Recreation Area, Millerton Lake State Recreation Area, San Luis Reservoir, Lake Perris and Silverwood Lake, Auburn State Recreation Area and other State Park facilities through the Central Valley, are likewise near maximum levels. High water years do not happen every year and so it is time to take advantage of the improved recreational opportunities and beautiful scenery that comes with a high water year.

## **Water Status for Popular Central Valley Fun Spots**

**Folsom Lake State Recreation Area**, 25 miles north of Sacramento, is nearly full at 95%. Granite Bay is the main boat launch area, with launches at Folsom Point and Folsom Lake Marina as well as the Peninsula campground – depending on the water level. There are 160 miles of dirt roads and trails with 8.4 miles of developed bike trails. The park also has horse rentals. Camping, boating, waterskiing, jet skiing, and fishing are the most popular activities. Because the water level is high, the park closes when the parking lot is full, especially on weekends. The last time Folsom was this full was June 2003.

**Oroville State Recreation Area** is approximately 80 miles north of Sacramento. The lake is full. The park has four major boat launches (multiple lanes.) There are 256 campsites in the park, plus 80 boat-in campsites. There are full-service launch ramps at Bidwell Canyon, Loafer Creek, Spillway and Lime Saddle. The park also has floating campsites as well as 15 equestrian sites. There are 55 miles of trails in the park, some are multi-use and others are for exclusively for equestrians and mountain bikers. All are open for hikers. The park is popular for boating, waterskiing, jet skiing, fishing, house boating, horseback riding and hiking. For history buffs, the park has the Bidwell Bar Bridge and toll house as well as the Mother Orange Tree. The park has a visitor center that features information about the state water project as well as the cultural history of the area.

**San Luis Reservoir State Recreation Area** is 35 miles east of Gilroy. The reservoir is at 77% of capacity, more than double the level of last year. The park has three boat launches available; two on the upper lake and one on the lower lake. There are 132 developed campsites, 79 of them are at Basalt campgrounds and 53 are at San Luis Creek, which has electricity and water at each site. There are hiking trails throughout the park. The park features boating, jet skiing, swimming and fishing. (The area is known for the largest striped bass caught in the waters – 68 pounds.)

**Millerton Lake State Recreation Area** is 20 miles northeast of Fresno. The lake is brim full, at 100% of capacity, with plenty of shoreline (52 miles.) The park has six boat launches. There are 180 campsites and approximately ten miles of trails. Boating, waterskiing, jet skiing, kayaking, canoeing, fishing, and swimming are popular at the park.

**Silverwood Lake State Recreation Area** is on the back slopes of the San Bernardino Mountains below Crestline. The lake is expected to be close to maximum level throughout the summer. The main boat launch at Sawpit with seven lanes is available. The New Mesa and Old Mesa campgrounds are fully open with 135 family campsites. Valle and Barranca group camp sites are open with each accommodating ten to 100 people each. The Pacific Crest trail runs through portions of the park and most of that has been repaired or detours provided by the Pacific Crest Trail Association. Boating, kayaking, fishing, and cycling are popular at the park. A full service marina is available at the park. Visitors are advised that because of fluctuating water levels and erratic winds, floating debris is still a boating concern. Boaters are advised that the park is on a boating reservation system. Call ReserveAmerica at 800-444-7275 for reservations.

**Lake Perris State Recreation Area** is 11 miles southeast of Riverside via Highway 60. The lake is full. The park has three multi-use launch boat ramps and a ramp for designated personal water craft. There are 431 campsites in the park and there is a nine-mile trail around the lake and a five-mile trail from the park to Terri Peak. Other recreational activities at the park include fishing, rock climbing as well as boating, waterskiing, and horseback riding.

**South Yuba River State Park**, near Grass Valley, continues to have spring run-off conditions with fast-moving water and water temperatures below average. Visitors are advised to be cautious. The park does not have boat launches. There are approximately 10 miles of trails, mostly along the river. There are no campsites in the park. Swimming is the most popular activity. The park visitor center is open every day. Special activities include gold-panning. The park features the longest single-span covered bridge in America.

**American River – Auburn State Recreation Area** is located one mile south of the City of Auburn on Highway 49. This 42,000-acre park includes 40 miles of steep river canyon on the north and middle forks of the American River, with whitewater rafting, mountain biking, off-highway vehicle (OHV) riding, and wilderness hiking. The north and middle forks of the American River are running significantly higher than normal, with river water temperatures being significantly lower. Most rafting companies are now back in full operation after not operating during the early season because flows were too high and water temperatures too cold. River rafters are advised to go with professional whitewater rafting guides.

### **Safety Warning: Wear a life jacket or you could die!!**

A major cause of drowning deaths in rivers and lakes is the absence of a life jacket.

According to the California Department of Boating and Waterways, in 2004, of the number of people who drowned in boating accidents, 70% were not wearing a life jacket.

Please have fun, but please be safe!!

For more information about California State Parks, go on line to [www.parks.ca.gov](http://www.parks.ca.gov)

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